



Pre- & Post-Operative Intravenous Sedation Instructions

1. To reduce the chances of nausea, do not eat anything for *at least six hours prior* to your appointment. Clear liquids (juice/water) can be consumed up to three hours pre-operatively
 - If your appointment is early in the morning, do not eat anything between bedtime and your scheduled appointment.
 - If your appointment is in the early afternoon, be sure to eat a light but nutritious breakfast.
 - Unless specified by your dentist, all medicines taken on a routine basis should be continued without interruption.
2. A responsible adult, over the age of 18 years, **must** accompany the patient to the clinic and **remain here throughout the entire procedure**. Following the sedation, this responsible adult **must** escort the patient home and a responsible adult should remain with the patient for the remainder of the day.
3. Minors (persons under the age of 18 years) **must** be accompanied by a parent of legal guardian.
4. For intravenous sedation, patients should wear clothing, which is not restrictive to the neck or arms. Patients should wear loose-fitting tops on which the sleeves can be rolled to the shoulder.
5. Contact lenses should be removed prior to sedation
6. Following the sedation, patients should refrain from driving an automobile, consuming alcohol or engaging in any activity that requires alertness for the next 18 hours, or longer if disorientation persists.
7. Should you choose to sleep after your procedure has been completed, ensure that several pillows are placed under your shoulders to incline your torso and have your care giver check in on you every 10-15 minutes.,

FAILURE TO FOLLOW ANY OF THESE INSTRUCTIONS WILL RESULT IN CANCELLATION OF THE SEDATION APPOINTMENT

For any questions or concerns prior to or following sedation please contact Dr. David Cichon at Southport Dental Care **403-255-3202**. An after-hours emergency contact number is available on the clinic answering machine should you call outside of regularly scheduled office hours.